**Lesson Outcome**

5.9 – Formulates goals and applies strategies to enhance participation in lifelong physical activity

5.10 – Adopts roles to enhance their own and others enjoyment of physical activity

5.13 – Adopts roles and responsibilities that enhance group cohesion and the achievement of personal and group objectives

5.15 – Devises, justifies and implements plans that reflect a capacity to prioritise, think creatively and uses resources effectively

5.16 – Predicts potential problems and develops, justifies and evaluates solutions

**Description of Your Audience**

* 15 and 16 year olds
* Sport, socializing with friends, TV shows, movies and their ipads

**Time Constraints**

* 1-2 lessons
* 55 mins

**Game Elements**

*(Game Dynamics, Game Mechanics and Game Components)*

* Divide the class into four teams of 5-6 players
* Discuss the importance of hand and ball co-ordination in various sports e.g. b-ball, netball, goalie in soccer, AFL, NRL, rugby
* Discuss the importance of team work.
* Set out a small playing area with markers
* Explain working as a group you need to achieve the same goal
* There is one ball and you need to pass the ball around to try and tag the opposite team members with the ball.
* You cannot run with the ball or throw the ball at opposing team members in an effort to tag them out
* Once tagged that person sits out. **They are trying to tag the entire team out while they have the ball**
* The team without the ball can intercept (but risk being tagged if unsuccessful) or if the team with the ball drop the ball it is change over and all the players they tagged are no back in
* Each team is given 2 mins to discuss team tactics (i.e. man to man marking, selecting one player etc)
* They play for 5 mins each way and see how many players of their opposition they get out – keep tally
* They rotate so they play all three teams
* Throughout the game you can make field smaller and if in the process of trying to tag the opposition they run outside the lines they are considered out.
* Between 5 mins give the teams another 1 minute to re-assess team tactics.
* The team that has the most tagged out wins at the end of the lesson

**Fun Check**

*(Integrated purposefully built into your experience including Easy fun, Hard fun, Serious fun and Social fun)*

* Hard fun – some opportunities for challenge and reward
* Easy fun – imagination
* Serious fun – Some excitement
* Social fun – As it is group work there would be constant social interaction.